

Fast Facts on Health Improvements to a Smoker's Body When They Quit

- **20 minutes after quitting** — heart rate drops, body temperature of hands and feet increases to normal, blood pressure decreases
- **8 to 12 hours after quitting** — the carbon monoxide level in blood drops to normal, oxygen level in blood increases to normal
- **24 hours after quitting** — chance of heart attack decreases
- **48 hours after quitting** — nerve endings start to regrow; ability to smell and taste begin improving
- **Within 7 days of quitting** — lower pulse and blood pressure, improved sense of taste and smell, increased energy level, improved circulation, increased lung capacity
- **90 days after quitting** — lungs can make an 85-90% recovery (clean/repair)
- **2 weeks to 3 months after quitting** — heart attack risk begins to drop, and lung functions improve; walking becomes easier; circulation improves
- **1 year after quitting** — added risk of coronary heart disease is half that of a normal smoker; risk of heart attack is cut in half
- **10 years after quitting** — cancers of the mouth, throat, and esophagus risks are halved; risk of ulcer decreases
- **15 years after quitting** — risk of coronary heart disease is now similar to that of people who have never smoked; risk of death returns to nearly the level of people who have never smoked.
- With long-term abstinence, former smokers are likely to enjoy favorable psychological changes such as enhanced self-esteem and increased sense of self-control.

The Flip Side:

- more than 390,000 Americans die each year from diseases caused by smoking
- For more than a decade the Public Health Service has identified cigarette smoking as the most important preventable cause of death in our society
- Coronary Heart Disease (CHD) is the leading cause of death in the United States. Smokers have about twice the risk of dying from CHD compared with lifetime nonsmokers.
- Cigarette smoking is the major cause of chronic obstructive pulmonary disease, the fifth leading cause of death in the United States.
- Influenza and pneumonia represent the sixth leading cause of death in the U.S. Cigarette smoking increases the risk of respiratory infections such as influenza, pneumonia, and bronchitis.

Source: <http://www.cdc.gov/tobacco>